

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 2-year-old child today.

What You Can Do With Your 2-Year-Old:

- Encourage your child to help with simple chores at home, like sweeping and making dinner. Praise your child for being a good helper.
- At this age, children still play next to (not with) each other and don't share well. For play dates, give the children lots of toys to play with. Watch the children closely and step in if they fight or argue.
- Give your child attention and praise when they follow instructions. Limit attention for defiant behavior. Spend a lot more time praising good behaviors than talking about unwanted ones.
- Teach your child to identify and use words for body parts, animals, and other common things.
- Do not correct your child when they say words incorrectly. Rather, say it correctly. For example, "That is a ball."
- Encourage your child to say a word instead of pointing. If your child can't say the whole word ("milk"), give the first sound ("m") to help. Over time, you can prompt your child to say the whole sentence — "I want milk."
- Hide your child's toys around the room and let your child find them.
- Help your child do puzzles with shapes, colors, or farm animals. Name each piece when your child puts it in place.
- Encourage your child to play with blocks. Take turns building towers and knocking them down.
- Do art projects with your child using crayons, paint, and paper. Describe what your child makes and hang it on the wall or refrigerator.
- Ask your child to help you open doors and drawers and turn pages in a book or magazine.
- Once your child walks well, ask them to carry small things for you.
- Kick a ball back and forth with your child. When your child is good at that, encourage him to run and kick.
- Take your child to the park to run and climb on equipment or walk on nature trails. Stay close to monitor your child's safety.